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**Watchung Hills  
Regional Municipal  
Alliance**

# Press Release

## **The Great Pumpkin Certified 5K Run and Family Walk**

### **Sponsorship Available and Runners and Walks Can Register Now**

**Watchung, NJ October 2, 2016:** The annual Watchung Hills Regional Municipal Alliance fundraiser Certified 5 K run and walk will be held at WATCHUNG LAKE, Mobus Field, Brookdale Road, Watchung, NJ 07069, Saturday November 5th, 2016. Registration opens 8:00 am, the start time is 9:00 AM.

The entry fee before October 14, 2016 is \$20.00 for the run and \$12.00 for the walk. After October 14 the prices are \$25.00 and \$15.00 respectively.

**Races and walkers receive a pumpkin and a long-sleeved t-shirt.**

Go to <http://www.bestrace.com/2016schedule.html#November>

For a Race / Walk Application and To Register

If requested paper applications can be mailed to you.

Become a Watchung Hill Regional Municipal Alliance, WHRMA sponsor to support our mission to reduce alcohol, tobacco and other drug abuse in Warren, Watchung, Green Brook and Long Hill Townships. We believe that you can help us make a difference in our children's and teens lives by reducing their abuse of alcohol, tobacco and illicit drugs.

The Watchung Hill Regional Municipal Alliance is a community partnership of volunteers which serve the Warren Township, Watchung Borough, Green Brook and Long Hill Townships and is part of the NJ Governor's Council on Alcoholism and Drug Abuse. The WHRMA identifies community needs and develops prevention programs to address those areas.

**For Release October 2, 2016 1:00 pm EST**

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Research has shown that community coalitions, like the Watchung Hills Regional Municipal Alliance (WHRMA) alcohol tobacco and other drugs (ATOD) abuse prevention programs when presented on a local-level are an effective approach to preventing substance abuse, under-age drinking, juvenile delinquency, teen pregnancy and more.

WHRMA provides funding for prevention programs in the elementary, middle and high schools, to adults and senior citizens, community intervention programs, and support to our local police & PTO's.

Please consider being a WHRMA Race/ Walk Sponsor. A Sponsor's logo/name will appear on: 1) Race day t-shirts, 2) WHRMA websites, 3) Running in the USA national web site (under WHRMA) 4) Listed in the post-race/ walk press release.

There are four different levels:

FOUNDER, \$500.00, Large size corporate/ company logo

PATRON, \$200.00, Medium size logo or name

SPONOSR, \$100.00 Corporate or personal name

FRIEND, \$50.00 any and all contributions are welcomed.

**To assure inclusion sponsor names and/or logos please send your contribution by October 14, 2016 via check to: WHRMA, 108 Stirling Road, Warren NJ 07059. Please list: Organization Name, address, phone number, name and email. Make checks payable to WHRMA, your contribution is tax deductible.**

Questions call: Carolyn Seracka 732-968-1051 ext. 3 or email address: [cseracka@gbtps.org](mailto:cseracka@gbtps.org)

or Jack Walsh 908-561-8883 or [jackwalksh1960@gmail.com](mailto:jackwalksh1960@gmail.com)

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